



GAME CAMP

AMATORZY

SOSNOWIEC
13.07-18.07.2025

CAMPY
LATO
2025

#4

SPORT REBEL
BAUER

NIEDZIELA

| | | | | | | | |
|----------|--------------------------|---|---|------------------------|----------------------------|------------------|-----------------------|
| 1 | 13:00 otwarcie szatni | 14:00-15:00 możliwość zakwaterowania hotel | 15:15-15:45 spotkanie org. lodowisko | 16:15-17:00 off ice | 17:45-19:00 trening lód | 19:30 kolacja | 20:30 podsumowanie |
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PONIEDZIAŁEK

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| 2 | 08:15 śniadanie | 09:15 wyjazd | 9:45-10:30 technika kija | 11:15-12:30 trening lód | 13:00 obiad | 13:45-15:15 odpoczynek | 15:15-16:00 trening mentalny | 16:10 wyjazd | 16:30-17:15 teoria | 18:00-19:15 trening lód II | 19:45 kolacja | 20:30 spotkanie integracyjne |
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WTOREK

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| 3 | 08:15 śniadanie | 09:15 wyjazd | 9:45-10:30 off ice sala | 11:15-12:30 trening lód | 13:00 obiad | 13:45-15:15 odpoczynek | 15:15-16:00 trening mentalny | 16:10 wyjazd | 16:30-17:15 spikeball | 18:00-19:15 trening lód II | 19:45 kolacja | 20:30 relaksacja |
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ŚRODA

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| 4 | 08:15 śniadanie | 09:15 wyjazd | 9:45-10:30 technika kija | 11:15-12:30 trening lód | 13:00 obiad | 13:45-15:15 odpoczynek | 15:15-16:00 trening mentalny | 16:10 wyjazd | 16:30-17:15 teoria | 18:00-19:15 Turniej ZiëtaRA Cup | 19:45 kolacja | 20:30 wieczór quizowy |
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CZWARTEK

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| 5 | 08:15 śniadanie | 09:15 wyjazd | 9:45-10:30 off ice sala | 11:15-12:30 trening lód | 13:00 obiad | 13:45-15:15 odpoczynek | 15:15-16:00 trening mentalny | 16:10 wyjazd | 16:30-17:15 rollowanie + teoria | 18:00-19:15 trening lód II | 19:45 kolacja |
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PIĄTEK

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| 6 | 08:00 śniadanie | 09:00 wylkwaterowanie + wyjazd | 10:00-11:00 trening lód | 11:30-12:15 teoria | 12:30 obiad | 14:15 rozgrzewka | 15:00-16:15 mec | 16:30 grill |
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* Dokładny program campu zostanie wysłany do uczestników 14 dni przed rozpoczęciem campu.